



Halifax County Schools Student Services Remote Learning Tips and Contact Information

Academic, and Personal-Social Tips & Contact Information

Hello Halifax County Schools Scholars!!! Due to COVID-19 circumstances and the two-week closing of all North Carolina Public Schools, Halifax County Schools has provided a packet including tips for working on classwork at home, ways Student Services can assist you from home, etc. I'm sure some of you are experiencing anxiety due to many factors: no internet connection, your teachers not being present, and a plethora of other things. Learning how to manage time effectively is an important skill for you, as a student, to master. But many students struggle with finding the time to complete all their assignments, leading to overwhelming feelings of stress and frustration. To help, we have created a list of time management strategies for all Halifax County Scholars (and their parents) to put the days of last-minute school stress behind you. These tips can help you with anxiety, stress, and work burn out. As always we appreciate your collaboration as we provide remote learning opportunities to continuously keep our scholars engaged in teaching and learning.



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Academic Development

1. Create a Master Schedule: Make a master schedule you can use to block off time to work on your assignments. This will help you prioritize projects and provide a structure to help you stay on track to meet due dates. Use a different color for each subject so you can follow the schedule quickly and easily.

2. Eliminate Distractions: Between cell phones, social media, and friends, there are a lot of activities that can distract you from your schoolwork. When it's time to get down to work, turn off your cell phone and sign out of social media accounts. Any time on the master schedule that is dedicated to working on schoolwork should be cell phone and television-free.

3. Set Goals For Each Study Session: You're a HALIFAX COUNTY SCHOOLS SCHOLAR! SO Set specific goals for each day, example: how many pages of a book report to write or how many math questions to complete. The agenda and master schedule will help with planning daily goals so assignments can be completed on time.

4. Start Working On Assignments Early: Good time management skills mean not leaving assignments until the day before they are due. Remember we return to school on March 30, 2020. Sit down each week to review upcoming assignments and tests and add them to your master schedule and agenda. Schedule time to start working on them well before they are due so you're not stressed and scrambling to meet the due dates.

5. Work On One Thing At A Time: It might seem like more is being accomplished with multitasking, but splitting attention between more than one task isn't an effective way to learn. You should work on one task at a time, giving it your full attention. Focusing on one task will help you complete it more efficiently and effectively.

6. Start Early In The Day: Take ownership of your education, encourage yourself on assignments earlier in the day, or right after school. Look over your agenda and master schedule to find out what needs to be completed that night and get started early. Waiting to start until later in the evening means less time (and energy), leading to delayed bedtimes, unfinished assignments, and more stress for everyone.

7. Get 8-10 Hours Of Sleep: Getting enough sleep is important to recharge your mind and have the energy needed to stay on track the next day. Use your master schedule to mark a cut-off time for homework each night as well as a set bedtime. Following this routine will help make sure you have time to unwind at the end of each day and get the sleep you.



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Daily Schedule

This schedule will provide consistency to your day during the remote learning process.

- Check for food delivery
- Start the Learning day around 8:30
 - Learning Structure: Work for 20 minutes break for 2 Minutes
 - Warm Up/ Quick Write (15 Minutes)
 - Movement for student to activate brain cells (transitions)
 - Math (40 Minutes)
 - STEM/STEAM/Elective Classes Activity (20 Minutes)
 - English Language Arts (40 Minutes)
 - Lunch (30 Minutes)
 - Movement for student to activate brain cells (transitions)
 - Science (40 Minutes)
 - Social Emotional/ Elective Classes Activity (20 Minutes)
 - Social Studies (40 Minutes)
 - Wrap Up/Exit Tickets to end the work day (15 Minutes)
- Remember to provide students with their accommodations during learning time.
- Suggested hours for homework- 4:00pm to 7:00pm
- Students are suggested to receive 8 hours of sleep nightly.

Terms to Know

Warm Up- introduction to the activities for the day

Quick Write- Journal Topic

Transitions - Action Based Learning Activities-Activities that incorporate movement

STEM-Sciences Technology Engineering and Mathematics

STEAM-Sciences Technology Engineering Arts and Mathematics

Wraps Up-conclusion of activities for the day

Exit Tickets- Activities to summarize topics discussed for the day



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Halifax County Schools Parent Portal Instructions

Parents can monitor student grades during the remote learning process.

PowerSchool Parent Portal Initial Log In Instructions

Each parent must create an account in order to use PowerSchool. If you had a previous Parent Assistant account, it is no longer valid. You will need an Access ID and an Access Password to create your new account. These can be obtained from the school's office. If you have children at different schools, you will need an Access ID and Password from each school. PowerSchool's Parent Portal will allow each parent to have his/her own user name and password. It will also allow parents of multiple children to combine accounts and gives the ability for a parent to allow others access to access to the child's grades within the system.

Directions:

1. Open a web browser to the PowerSchool Parent Portal using this web address: <https://lcs.powerschool.com/public>
2. Go to the bottom of the parent portal page and create your account by clicking on the blue "Create Account" button.



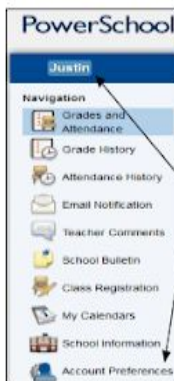
3. In the "Create Parent/Guardian Account" section, fill in all of the boxes, including your newly created user name and password. Symbols are allowed in the password but not in the user name.

First Name	Parent
Last Name	Name
Email	myemail@email.com
Desired Username	MyNewName
Password	*****
Re-enter Password	*****
Password Hint	Use at least 6 characters long

Make sure you type the Access ID and Access Password correctly, both fields are CASE SENSITIVE.

Student Name	Access ID	Access Password	Relationship
			- Choose -
			- Choose -
			- Choose -
			- Choose -
			- Choose -
			- Choose -

4. At the bottom of the page, in the "Link Students to Account" section, there will be enough spaces to include up to seven names of children. You must know the Access ID and Access Password for each child's account. If you do not know the Access ID and Access Password, please contact the school office of each child for assistance.



5. Click Enter to create your new account.
6. You will now need to log in to the system using your new username and password. Use the Parent Sign In box at the top of the screen to log in.
7. You now have the name of your child, or all of your children's names, in the upper left corner under the PowerSchool logo combined into one account.
8. To view each child's grades and attendance, click on the child's name and the grades/attendance will appear for that child.
9. To change your user name or password, or to add additional children to your account, click on the Account Preferences link at the bottom of the list on the left side of the screen. The window will open in Profile view and you can change your user name or password by clicking on the pencil icon next to these fields. Click on the Student tab, then the blue add+ button, to add more children to your account.

REMINDER: Until you create your new account, the log-in screen at the top of the Parent Portal page will not work.



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Halifax County Schools Elementary Parent Portal Contact

Parents can monitor student grades during the remote learning process.

If parents have questions about Parent Portal and log in concerns please contact your student's data manager.

School Name	Data Manager School Counselor	Data Manager's & School Counselor's Email Address
Aurelian Springs Institute of Global Learning		
Everetts Elementary STEM Academy		
Hollister Elementary Leadership Academy	Ms. Bonita Evans, Data Manager Mrs. Felicia Lewis, School Counselor	evansb@ho.halifax.k12.nc.us lewisf@ho.halifax.k12.nc.us
Inborden Elementary STEAM Academy		
Pittman Elementary Leadership Academy	Ms. Lagolia Price, Data Manager Mrs. Felicia Lewis, School Counselor	pricel@pi.halifax.k12.nc.us lewisf@ho.halifax.k12.nc.us
Scotland Neck Leadership Academy		



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Halifax County Schools Secondary Parent Portal Contact

Parents can monitor student grades during the remote learning process.

If parents have questions about Parent Portal and log in concerns please contact your student's data manager.

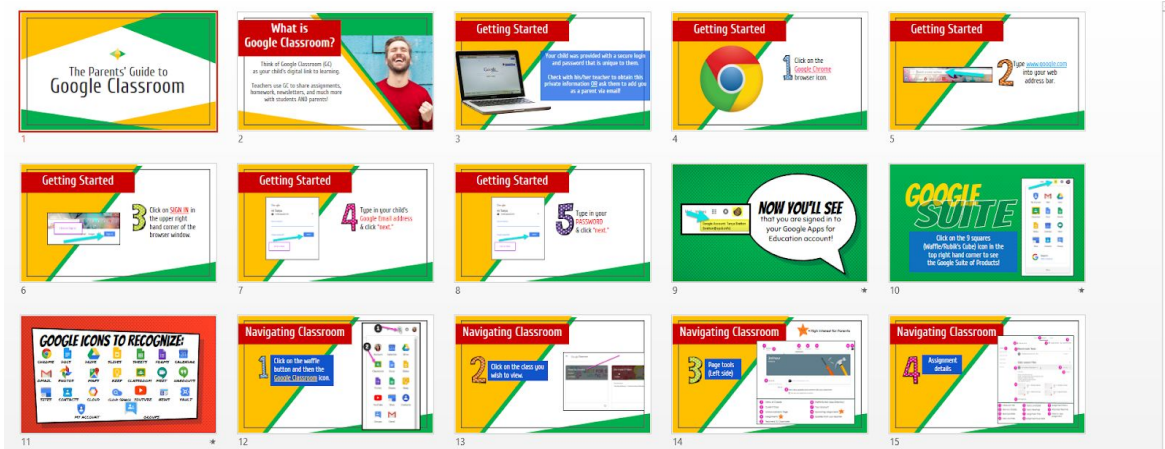
Enfield Middle STEAM Academy		
William R Davie STEM Academy	Ms. S. Peterson, Data Manager Ms. D. Jones, School Counselor Phone: D. Jones 1 (919) 438-0096	petersons@da.halifax.k12.nc.us jonesd@da.halifax.k12.nc.us
Northwest Collegiate and Technical Academy	Mrs. Barbara Fitts, Data Manager Mrs. Doreen Tubbs, School Counselor	fittsb@nw.halifax.k12.nc.us tubbsd@nw.halifax.k12.nc.us
Southeast Halifax CP Academy		
Halifax County Early College		
Halifax County Schools E-Zone		



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Access To Remote Learning Platforms

- Study Island <https://app.studyisland.com/cfw/login/>
- Edmentum <https://login.edmentum.com/>
 - Go to website: login.edmentum.com
 - Account login: hcsd5
 - User name: student should know this
 - Password: student should know
- NCVPS <https://ncvps.org/course-login/>
 - website: ncvps.instructure.com
 - user name: students should have this info
 - password: students should have this info
- Plato <https://login.edmentum.com/>
- Khan Academy <https://www.khanacademy.org/>
- Mathtv.com <https://www.mathtv.com/>
- Bill Nye the Science Guy <https://billnye.com/the-science-guy>
- Mystery Doug <https://mysterydoug.com/>
- Google Classroom





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Test Taking Strategies

#1: Read the test directions closely

When you first receive the test, take a moment to read over the directions. If you have questions, ask your instructor to clarify, either to you personally or to the entire class. Don't be embarrassed: your fellow students will likely have the same questions. If other students ask questions, don't get so engrossed in your test that you miss out on answers to their questions.

#2: Survey the test before beginning

Glance over the entire test and form a plan for how you will spend your time. You do not need to closely inspect every question, but your plan may be different for a test with fifteen multiple-choice questions and six essay questions versus a test with ninety multiple-choice questions and one essay. If the professor provides the point value of each question or section, focus on the sections with the highest point value if you expect to be pressed for time. Briefly look at any bonus questions, and answer those you know before spending time on complex, challenging questions.

#3: Read every question closely

Sometimes teachers will write questions that are deliberately reversed from what you might expect in order to challenge you. If you feel that a question is nonsensical, hard to understand, or contains typos, ask your instructor for clarification; misprints and editing accidents can happen.



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#4: Prioritize how you will answer questions

You don't have to answer the test questions in order. Start with the easiest questions that you can answer quickly. This will guarantee that you get points for correct answers, and also give you a confidence boost. You can then focus the rest of your time on more challenging questions that require more thought and work.

If you're working on a tough problem and the answer is not immediately clear, don't get stuck and waste valuable time. Move on to another problem, and come back to the harder problem later. For multiple-choice questions, rule out as many options as you can, and make an educated guess. For true/false questions, remember that absolute or near-absolute answers, such as those that use "always" or "never," are often false. No matter how stuck you are, always take an educated guess. You have no chance of getting an answer right if you don't try.

#5: Look for key words in essay questions

Read the question thoroughly and be sure you understand the specific topic, as well as what you are supposed to "do" with your essay. Keywords include "define," "explain," and "compare." Prepare a short outline on scratch paper to organize your thoughts, and consider the time you have. Address the topic with a direct response, and address all aspects of the question with specifics, not just general statements. You should use technical vocabulary from the course correctly, but don't feel you need to show off. Even if you and your teacher differ in perspective on a course topic, you can write an informed answer that reflects your knowledge of different angles on this topic.



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#6: Don't get distracted during the test

If other students are being disruptive, ask them to be quiet or inform the instructor. Avoid looking toward their papers. Don't feel pressured if other students complete the test quickly and leave early; some students take tests very quickly, and this has little bearing on their actual performance on those tests. If you find yourself racing to finish and "get it over with," be sure to review your answers and check your work to spot mistakes or questions you overlooked.

#7: Remember to breathe

If at any time during the test you feel yourself panicking or stressing out, put down your pencil and take several long, deep breaths. Imagine yourself relaxing and visualize a calm image. This will help clear your mind and fill your blood with oxygen.



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Social and Emotional Development

The School Counselor's Role Within this new environment, school counselors provide programming to encourage engagement in the virtual school counseling platform to ensure students can gain access to the tools required to reach their potential. Students enroll in virtual schools for myriad reasons and come from diverse backgrounds.

School counselors working with students in a virtual setting should:

- Adhere to the same ethical guidelines in a virtual setting as school counselors in a face-to-face setting
- Recognize and acknowledge the challenges and limitations of virtual school counseling
- Implement procedures for students to follow in both emergency and nonemergency situations when the school counselor is not available
- Recognize and mitigate the limitation of virtual school counselor confidentiality, which may include unintended viewers or recipients
- Inform both the student and parent/guardian of the benefits and limitations of virtual counseling
- Educate students on how to participate in the electronic school counseling relationship to minimize and prevent potential misunderstandings that could occur due to lack of verbal cues and inability to read body language or other visual cues that provide contextual meaning to the school counseling process and school counseling relationship
- Educate students about appropriate conduct in the online setting and using digital literacy as a tool to have an impact on students
- Incorporate lessons that align with academic, career and social/emotional domains

Virtual School Counseling Platforms

- Halifax County Schools COVID-19 Hotline
- Request for Services (Google Form on School Website)
- Google Meet
- Google Hangout
- Google Voice
- Zoom
- Facebook Messenger



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Know How To Relieve Stress

You can manage and alleviate your stress by taking time to take care of yourself.

KEEP THINGS IN PERSPECTIVE:

- Set limits on how much time you spend reading or watching news about the outbreak.
- You will want to stay up to date on news of the outbreak, particularly if you have loved ones in places where many people have gotten sick.
- But make sure to take time away from the news to focus on things in your life that are going well and that you can control.

GET THE FACTS:

- Find people and resources you can depend on for accurate health information.
- Learn from them about the outbreak and how you can protect yourself against illness, if you are at risk.
- You may turn to your family doctor, a state or local health department, U.S. government agencies, or an international organization.
- Check out the sidebar on the next page for links to good sources of information about infectious disease outbreaks.

KEEP YOURSELF HEALTHY:

- Eat healthy foods, and drink water.
- Avoid excessive amounts of caffeine and alcohol.
- Do not use tobacco or illegal drugs.
- Get enough sleep and rest.
- Get physical exercise.

See link for additional information: <https://store.samhsa.gov/system/files/sma14-4885.pdf>



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5 Ways to Help Teens Manage Anxiety About the Coronavirus

Adults can help by making sure adolescents don't overestimate the dangers or underestimate their ability to protect themselves.

People of all ages are concerned about the spread of the coronavirus, and teenagers, as a group, tend to [experience emotions especially intensely](#). If you are raising, teaching or otherwise caring for an adolescent who is feeling very nervous about it, here are five things you can do.

1. Normalize Anxiety

Adults can help young people appreciate that [healthy anxiety has a purpose](#): It alerts us to potential threats and helps us move toward safety. "Feeling some anxiety," we might say calmly, "makes sense right now. You're having the right reaction to the emerging news about the coronavirus."

From there, we can encourage teenagers to channel their discomfort into useful action, such as learning about and following the [recommended health guidelines](#).

2. Offer Perspective

We can help adolescents keep their worries about the coronavirus at an appropriate level by making sure they don't [overestimate the dangers](#) or [underestimate their ability](#) to protect themselves from those dangers.

Toward this end, we might say, "Right now, the health risk from coronavirus is [very low](#) for most Americans." To this we can add, "And there's a lot you can do to lower your risk even further: Keep your hands clean and away from your face, avoid anyone who might be coughing or sneezing and protect your immune system by getting enough sleep."

3. Shift the Spotlight

During difficult times, research suggests that teenagers feel better when they turn their attention to supporting others.

Knowing this, we can remind teenagers that we wash our hands and follow other health recommendations not only to protect ourselves, but also to help to ease the [strain on local medical systems](#). Along the same lines, adults can note that making personal sacrifices — such as postponing a vacation or staying home if we're not feeling well — helps to reduce the chance of carrying illness into our own communities. If you are stocking up on groceries in case of being asked to self-quarantine, take the opportunity to talk to your kids about the challenges faced by people in need and consider donating nonperishables to a local food bank.



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4. Encourage Distraction

When we [fixate on dangers](#), anxiety grows, and when we turn our attention elsewhere, it shrinks. That said, it might be hard for some teenagers *not* to obsess about Covid-19 given that the topic pervades headlines and social media, and that concerns about disease spread have been closing schools and causing the cancellation of long-scheduled events.

Further, the constant availability of fresh information about the coronavirus may spur some teenagers (and adults) to compulsively check for news updates. This, however, may offer little emotional relief.

Remind them [not to rely on rumors](#) or unreliable sources.

You might ask teenagers to consider scaling back how often they check their phones for information updates, or to trust that we'll share any significant news should it arrive.

Similarly, we might encourage finding distractions, such as doing their homework or watching a favorite show, while shielding themselves from digital intrusions.

5. Manage Your Own Anxiety

Anxious parents are [more likely to have](#) anxious teenagers. This research finding has [many possible explanations](#), but here's one: young people look to adults for cues about how nervous or relaxed they should be when encountering something new. Wittingly or not, parents are sometimes fearful in a way that puts their children on edge.

Teenagers can tell when adults are saying one thing and feeling another. Offering reassuring words won't do much good when our own anxiety is riding high. And being worn thin by tension leaves us less able to comfort teenagers and young adults who feel upset about missing events or [enjoying spring on their college campuses](#).

Before trying to support a fretful teenager, tense adults should take steps to calm their own nerves. To do so, they can use the same strategies outlined above.

Modeling a level-headed response is the best way to keep anxiety from getting the better of our teenagers as we all find our way through this new and uncertain challenge.



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Here's how to set a routine for your child:

Start with their school routine

- Use school as the framework and honor what had been your child's routine:
- When are they used to having breakfast? Snack? Lunch?
- When is recess?
- Break the day into small chunks much like school does with subjects.
- If your child has assigned schoolwork, do they work best in the morning or afternoon?

Dedicate time for play

- Once you've mapped out times for things like food and school assignments, you're ready to fill in the rest of the day, and actually carving out time for dedicated child-led play is *huge* for kids. When a child is imagining, creating, building or inventing, they are doing some serious learning.
- In your new daily schedule, have a few 15- to 30-minute blocks (more or less time depending on your child's age and play development) of dedicated child-led play. The more a child plays, the more they *learn* to play.

A few tips for effective playtime:

- Weed out the unused and broken toys: If it's hard to find the good toys, it's hard to find the good play.
- Move the "open-ended toys" to the front: Toys with lights and batteries that sing and talk won't hook your child into play as well as simple toys (think toys from your childhood – blocks, cars, dolls, kitchens...).
- Limit adult involvement: play is the *child's job*, not the adults. Accept some play invitations, but don't feel guilty about skipping others. Kids need to play independent of adults (independent doesn't mean unsupervised).

Schedule in some easy indoor activities

While you can just put out toys for unstructured free play, kids also get excited when parents facilitate some of the fun. Think of activities as "invitations to play." Easy indoor activities can be a lifeline, a great way to practice school skills and a way to quietly entertain kids. These activities do not need to be



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complicated or take hours to set up. As you plan your schedule, think of places where an activity might be helpful to transition from one time block to the next, like after snack time or before dinner.

Build in reading

Study after study shows the importance of reading to kids. Being home all day is a great chance to increase that habit.

Put in reading blocks. Fifteen to 20 minutes a day is a great place to start (remember, that's total minutes, not all at once. Break it apart). Consider structuring this reading block in a few different ways: parent reads aloud, child reads aloud (if the child can read), and family silent reading time. And if your child wants to extend a reading period, don't worry too much about messing up the schedule. There's no such thing as too much reading, and you can always save a planned activity for the next day.

Go to recess

If possible, add in two to three recess times for your child to explore outside. Remember that recess time is a part of school life and kids are used to a little cold and a little rain. While there is no official guidance in the U.S. on how much time to spend outside these days, some experts have recommended open spaces like parks over playgrounds, where the equipment isn't necessarily the most hygienic. Or, if you have a backyard, let the kids run around there. Outdoor time has lots of benefits for kids – and a key one for you: If they burn off steam, they may be more tired and willing to go to sleep at night.



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Make a screen time routine

If you choose to have screens available to your kids while school is closed, use them wisely, as a parenting tool.

To keep your kids from “over-indulging” on screens:

- Make screen time predictable: have a set time in the schedule so children know when to expect screen time (like while you make breakfast or before nap time) and for how long.
- Turn it off: Follow through when the scheduled time for screens is over, and don't leave TV on as background noise. If the house feels too quiet, turn on some music instead.
- Outside of the scheduled time block, only use screens *when you (the parent) chooses it because you need it*. Save screens for big moments

Of course even with the most perfectly planned schedule, you will still have days when you just can't muster the energy to come up with even the simplest activity **and instead let them watch** another episode of their favorite show. That's O.K too. Do what you need to do to get through that day. You'll have your routine to go back to the next day. And the one after that, too. See link for additional information: <https://time.com/5803373/coronavirus-kids-at-home-activities/>



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Creative Game Ideas to Get Kids Energy Out

Balloon Games

1. **Penguin Waddle:** Place a balloon between your child's knees and have them waddle across the room without dropping it. Make it more challenging for older kids by having them go around a few obstacles. If they drop it, they have to go back to the start. For multiple kids, have them play as a team with the balloon placed between their hips. Once they get the hang of it, get out your timer to see how fast they can do it.
2. **Don't Let The Balloon Touch The Ground:** This is the classic game that kids fall for every time. The rules are simple – hit the balloon up in the air but don't let it touch the ground. To make it more challenging for older kids, have them juggle more than 1 balloon, or tie one hand behind their back. Time them to see how long they can do it for, or if you have multiple kids, have them count how many times they can hit it back and forth...then see if they can beat their time or score! This game is great for improving arm strength and hand-eye coordination.
3. **Balloon Volleyball:** Make a "net" by tying a piece of string between 2 chairs and then have your child hit the balloon back and forth by running from one side to the other, trying to keep it off the floor. If you have 2 or more kids, have them hit it over the net as many times as they can without it falling.

Fun/Silly Moving Games

1. **Ping Pong Ball Catch:** Get out those plastic red Solo cups and a few ping pong balls (or any small object that will fit in the cup) and have your kids toss the ball to a partner and try and catch it in the cup. Start out close together and then keep taking a step backwards to increase the challenge. For a single-player, they can simply throw the ball in the air and try and catch it.
2. **Crab Walk:** Teach your child how to do the crab walk, then see how fast they can scurry across the room. Have races with siblings (or yourself!) and then increase the level of difficulty by having them balance a stuffed animal on their stomach. If it falls, they have to scramble back to the beginning and start again!
3. **Movement Chain:** You need at least 2 players for this interactive game where the first person starts by performing a certain movement – this could be something simple like jumping 2 times, or more complex like holding a plank for 30 seconds. The next person has to perform the first movement, and then add on another, forming a chain. The following person does the previous 2 movements, plus adds their own. You continue in this fashion until the chain sequence is broken (usually forgotten!) and then that person is out. The last one standing is the winner.
4. **Popular Dances-** Line Dances, Hip Hop Dances, YMCA, Soul Man (<https://www.youtube.com/watch?v=gDCbfSiN5Fk>), ect



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Remember to Strive for 5

And



DO THE FIVE

Help stop coronavirus

1HANDS Wash them often

2ELBOW Cough into it

3FACE Don't touch it

4FEET Stay more than 3ft apart

5FEEL sick? Stay home